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THE  
BATHS OF  
BATHE:

OR,  
A NECESSARY COMPENDIOUS  
TREATISE CONCERNING THE  
Nature, use and efficacy of those famous  
hot waters:

PUBLISHED FOR THE BENEFIT OF  
all such, as yeerely for their health, resort to  
those Baths:

With an Aduertisement of the great vtilitie that com-  
meth to mans body, by the taking of Physick In the Spring,  
inferred vpon a question mooued, concerning the frequencie  
of sicknesse, and death of people more in that  
season, then in any other.

Whereunto is also annexed a censure, concerning the Water  
of Saint *Vincent's* Rocks neere *Brissoll*, which begins to grow in  
great request and use against the Stone.

By To. Venner, Doctor of Physick in Bathe.



LONDON,

Printed by *Felix Kyngston* for *Richard Moore*, and are to be sold  
at his shop in *Saint Dunstons Churchyard* in Fleet-  
streete. 1628.



G. Bartholin. fecit

Effigies Tobiae Venner Med. D.  
Anno Dom: 1660. Aetatis suae 85.

1733



# THE BATHS OF

A HISTORY OF THE  
THERAPEUTIC USES OF THE

PUBLISHED BY THE  
AUTHOR

With an Appendix of the  
most important  
mineral waters of the  
Baths of

of the  
of the  
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TO THE

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SERENISSIMÆ  
PRINCIPI Mariæ, AN-  
GLIÆ, SCOTIÆ, FRANCIÆ,  
ET HIBERNIÆ  
REGINÆ,

HOC DE THERMIS BATHONI-  
ENSIBVS OPVSCVLVM HVMI-  
limè dedicat & consecrat


THO. VENERVS  
*Med. D<sup>r</sup>.*



## TO THE READER.

**G**ood Reader, seeing in the few yeeres that I haue exercised Physicke at the Baths, the yeerely contourse in the Spring, and Fall, of people of all sorts; and from all parts of this Kingdome, to those famous Waters; and the little benefit that many after great expence and trouble receiue thereby: I was induced to publish this ensuing Treatise, wherein I haue very briefly shewed the nature and efficacie of those Waters, touched the causes that many finde not comfort, but oftentimes rather hurt, that resort to them; with such aduertisements concerning the use of the said Waters: which if they be rightly obserued, I am perswaded, few will hereafter complaine that they haue bene at the Baths in vaine, and so the Waters regaine that esteeme which in respect of their singular Vertues they are worthy of. But here you must take from me this one aduertisement, which is, That Sickenesse is a Symptome of Sinne: And therefore first, Poenitentiam agendo, before your departure from home, make peace betwixt God and your conscience, and then repaire to the Baths, quò te faustum ducat, atque sanum reducat, qui solus id potest. Vale.

THE



# THE BATHS OF BATHE.



Bathe, so called from the Baths in it, is a little well-compacted Cittie, and beautified with very faire and goodly buildings for receit of strangers. Although the site thereof, by reason of the vicinity of Hills, seeme not pleasant, being almost intirooned with them; yet for goodnesse of ayre, neerenes of a sweet and delectable Riuer, and fertilitie of soyle, it is pleasant and happy enough; but for the hot waters that boyle vp euen in the midst thereof, it is more delectable and happier, then any other of the Kingdome.

There are in it foure publike Baths, so fairely built, and fitted with such conueniencie for bathing, as the like (I suppose) is not else-where to be found; besides a little Bath for Lepers, called The Lepers Bath.

They all haue the originall of their heate from one matter, namely, Sulphur, burning in the cauities of the earth, thorow which the waters flowing receiue their heate. They partake of no other minerall that I can finde: what may lye hid in *visceribus terra*, I know not: of this I am sure, that such diseases as cannot receiue cure else-where, here doe.

These Baths as they differ in their heate, so in their operations and effects. The Kings Bath is the hottest, and it is for beautie, largenesse, and efficacy of heate, a Kingly Bath

Bath indeed, being so hot as can be well suffered. This Bath is of strong-heating, opening, resolving, attracting, and exicating facultie, and therefore onely convenient for cold and moist bodies, and for cold and moist diseases.

Hot Bath.

Next to the Kings Bath for efficacy of heate, is the Hot Bath, and the difference in their heate is so little, that it is scarcely to be discerned. This Bath is good for the same infirmities that the Kings Bath is, and for the effects which it worketh, I cannot finde it to be inferior vnto it. They are two excellent Baths for cold and moist diseases, and for very cold and moist bodies.

Queenes  
Bath.

The Queenes Bath is a member of the Kings Bath, a wall onely going betweenethem, with a passage therein to goe from one to the other. This Bath is not altogether so hot as that, and therefore the vse of it is convenient for them that cannot well endure the heate of the Kings Bath.

Crosse Bath.

The Crosse Bath is for heate the mildest, being very temperately warme: it is a dainty Bath for young, weake, and tender bodies, that cannot endure the heate of the hotter Baths, or for whom the hotter Baths may not be convenient. It is an excellent Bath for temperate bodies, by way of preservation, because such the hotter Baths may soone distemper, and occasion hurt: Neither is this Bath good onely for such as are of a temperate state and constitution of body by way of preservation; but for them and others also by way of curation, in some cases, where the hotter Baths are not fit to be vsed. This Bath, by reason of the mildnesse of its heate, is of a notable mollifying and relaxing facultie: good therefore in contractions of any member, in obstructions of the brest, spleene, liuer, and kidneys; and effectuall also for Aches, when it is in its prime and vigour of heate, especially for such, whose temper or habit of body shall prohibit the vse of the hotter Baths. This Bath attaines not to its perfection of heate, till the weather grow to be constantly hot, and when the other Baths, by reason of the seruor thereof, cannot be vsed, but by such whose diseases, and state of body are impensiuely cold.

I can-

I cannot, in regard of the diuersity of bodies, insift vpon euery particular in the vse of these Baths: wherefore I will onely for your better instruction and direction herein, giue you some speciall aduertisements, and thereupon leaue you to some Learned Physician, that can accordingly guide you in the vse of them.

These famous hot Waters are of singular force, not onely against diseases gotten by cold, or proceeding from a cold and moist cause, but also bring, in time of health, exceeding comfort and profit to all cold, moist, and corpulent bodies: for they open the pores, resolute, attenuate, digest, consume, and draw forth superfluities, and withall strongly heale and drie the whole habit of the body.

The vertue of the Baths in generall.

They are of excellent efficacy against all diseases of the head and sinewes, proceeding of a cold and moist cause, as Rheumes, Palsies, Epilepsies, Lethargies, Apoplexies, Cramps, Deafenesse, Forgetfulness, Trembling, or weakness of any member, Aches, and swellings of the ioynts, &c.

They also greatly profit windie and hydropicke bodies, the paine and swelling of any part of the bodie, so that it proceed not from an hot cause, the sluggish and lumpish heaviness of the body, numness of any member, paine in the loynes, the gout, especially the Sciatica, cold tumors of the Milt and Liuer, the Yellow Jaundies in a body plethoricke or phlegmaticke.

They are also very profitable for them that haue their lungs annoyed with much moisture, and to make slender such bodies as are too grosse, there is nothing more effectually, then the often vse of these waters. Wherefore let those that feare obesitie, that is, would not waxe grosse; bee carefull to come often to our Baths: for by the vse of them, according as the learned Physician shall direct, they may not onely preserve their health, but also keepe their bodies from being vnseemingly corpulent.

They are also singularly profitable to women; for they helpe them of barrenness, and of all diseases and imperfections of the Matrix, proceeding of a cold and moist cause.

cause. They also cure all diseases of the skin, as Scabs, Itch, old Sores, &c. All which to bee true, wee daily find with admiration, to the exceeding great comfort of many, who with deplored diseases; and most miserable bodies, resort to these Baths, and are there, by the helpe of wholesome Physicke, and vertue of the Baths, through the blessing of Almighty God, recovered to their former health.

Hot Baths  
hurtfull to hot  
and drie  
bodies.

But Baths naturally hot (as these our Baths are) to bodies naturally hot and drie, are generally hurtfull; and so much the more, as the body is drier, and the Bath hotter, because it distempereth and consumeth the very habit of the body, and maketh it carrion-like leane.

Wherefore seeing that these our Baths are not indifferently agreeable to euery constitution and state of body, I doe aduise, that not any one goe into them rashly, or vpon a preposterous iudgement; but that he bee first aduised by some faithfull, iudicious, and expert Physician; and to him expose the state of his body, whereby he may vnderstand, whether or no it may be expedient for him to attempt the same. And whereas there are in Bathe diuers Baths, as I haue shewed; and they differing in their heate, and accordingly in their effects, he must also from the learned Physician be directed in which to bathe: neither must he only vnderstand which Bath to vse, as most conuenient for his state of body; but also when and how often to vse the same, and how long to abide therein at a time. Besides this, he must take speciall care, not to goe into the Bath without fit preparation, (which is a grosse error of many) but must be first purged, as his state of body shall require; and be also directed in other things how to order himselfe, before he goe into the Bath, while he is in the Bath, and after that he is come out of the Bath, and when hee leaueth the Bath: and must also with his bathings and sweatings vse such physick helpes, as may worke with the Baths, according as his disease and present state of body shall require; not relying wholly vpon the vse of the water for his cure, as many ignorantly, and some basely doe, to saue their pusses. The neglect of all these, or of some of them, either  
through

As not to goe  
thereinto vpon  
a full stomake,  
&c.



through ignorance, or voluntarie wilfulnes, is the cause, that some that take great paines to come to the Baths, are not by them healed of their infirmities, but oftentimes neuer returne to their homes againe; or if they doe, it is most commonly with new diseases, and the old worse then euer they were: whereas of a generous and religious vnderstanding, vsing the true helpes of physick with the Baths, are of their diseases perfectly cured.

Here I may not omit a special reason, why many receiue little benefit by the Baths, but oftentimes much hurt; and that is, because they take not the aide and directions of a Physician present, in the vse of the Bath; but bring their physicke and directions with them from some Physician in the Countrey where they abode; perhaps, one that well vnderstands not their state of body, much lesse the nature and true vse of the Baths. But admit that they haue their directions from an vnderstanding Physician, yet I must tell them, that many accidentes fall out oftentimes in bathing, that require the helpe of a present Physician.

Another speciall reason why many find little good by the Baths, is, because they make not such stay at them, as in regard of their infirmities, or state of body, is meete: for some goe away before the Bath (in regard of a dense habit of body) hath wrought any manner of effect at all on them: others euen then when the Bath begins to shew its force and efficacie on their bodies: and some too soone vpon much benefit receiued: by meanes whereof they easily incurre a relapse. Wherefore my counsell here in vnto you is this, that you limit not your stay at the Baths, before you depart from your homes; but in that bee aduised and ruled by your Physician, when you are at the Baths, according as hee shall find to bee meete for your infirmities, and state of body: and thinke not to receiue in foure, fise, or fixe weekes an absolute cure for an infirmity, which perhaps you haue borne two or three yeeres, notwithstanding all the helpes and meanes you haue vsed for the same in your owne Countrey. Wherefore let your abode at the Baths bee, as it shall bee requisite for your state

of body, and limit not the time, no, not to a Spring, or a Fall; for it may bee needfull for you to reside there the whole yeere, it may bee more: for otherwise by your untimely departure, you may lose the good that you haue gotten by the Bath, before the time come that you shall thinke to be fit for the vse of the Baths againe.

But here I know you will obieſt againſt me, ſaying, Is it good to make vse of your Baths in the Summer and Winter? Are not thoſe times by all learned and iudicious Phyſicians prohibited for bathing in hot Baths? Whereupon grew the cuſtome of frequenting them in the temperate ſeaſons of the yeere, namely, in the Spring and Fall?

Whereunto I answer, and first, that bathing in our Baths in Summer, taking the coole of the morning for it, if the season shall bee hot and Summer-like, brings much more benefit to the body, the disease being of a cold nature, and proceeding from a cold and moist cause (for so you must conceiue me) then in the Spring or Fall, when oftentimes the coldnesse and variableness of the aire takes away the benefit of your bathing: for cold, or vaporous aire entring into your body after bathing, the pores being open, doth not onely very greatly annoy the spirits, and principall parts, occasion winde and tortures in the bowels, but also induce oftentimes irrecoverable effects to the sinewes and ioynts. But if seasons that are constantly warme, be best for bathing in our Baths, and cold times hurtfull, why should any reside at them in the Winter? I answer, That it is good for thẽ that are in the way of cure, by reason of their former bathings; and that the waters are in their nature as effectually hot in the winter, as in any other time of the yeere; onely the superficies, or vpper part of the Bath is cooled by the winde. But in the Winter there are some calme dayes, in which the diseased body lying neere to the Baths, may well and safely bathe, without any offence or danger in taking of cold after: for hee may keepe himſelfe in a warme chamber, hauing nothing else to doe, or take care for, but for his health.



*The Baths of Bathe.*

And heere I cannot but reprehend the error of most people, that at the end of May depart from our Baths, and after that moneth, I know not out of what preiudicate opinion, altogether refraine to come to them, till the Fall: perhaps they doe this, supposing, that after the Spring, till the Fall come againe, the Baths lose their vertue. I must tell them, if this bee their conceit, that they are in a great error; for the waters lose not their vertue at any time, only the disposition of the ambient aire may make them lesse fit to be vsed at one time then at another. But I would haue you to know, and as I haue afore-shewed, that our Baths may as profitably be vsed in Summer, as in the Spring, and most commonly with farre better successe in the whole moneth of Iune, then in any of the former moneths, and that in regard of the constant temperature of this moneth, and the variable disposition of the moneths preceding. I am perswaded, that this vntimely going from the Baths at the very approach of Summer, hurts many, and ouerthrowes the good they haue receiued by them: Wherefore my aduertisement herein is this, that they which resort to the Baths for preuention of sicknesse, or such hereditarie diseases, as they feare will befall them, depart from the Baths about the end of the Spring: but such as goe to them for diseases already fixed, abide there the whole Summer, and longer too, if there shall be occasion.

And admit that after the moneth of Iune the weather be too feruently hot to bathe in the hotter Baths; yet the Crosse-bath, which for heat is the mildest, being, as I haue said, in its nature temperately hot, attaines not to its efficacy and perfection, till the weather be constantly warme, which for the most part happens not till towards the end of May, or the beginning of Iune. The vse of which Bath is of excellent efficacy, not onely in the moneth of Iune, but after also, yea, all the Summer, according as the state of the body, and disposition of the season shal permit: where-in I leaue you to the counsell and direction of some learned Physician resident at the Baths.

And now also I must aduertise such, as in the declining,

or Fall of the yeere, which we call the Autumne, shall for the health of their bodies repaire to our Baths, that they deferre not their comming till the middle of September, or after, as many ignorantly doe; but that they rather bee there shortly after the middle of August, that they may haue time sufficient for bathing, before the aire grow to be too cold, as commonly it is in October, especially towards the end thereof. But, perhaps, some out of an ignorant timorousnes will object; That to come to the Baths before the Dogge-dayes are gone, or too soone vpon them, is hurtfull? Herein they are more scrupulous, then iudicious: but to yeeld them some satisfaction, I answer; Besides the alteration of seasons from their ancient temperature, in this decrepit age of the world, that though the middle part of the day in the latter part of August shall be hot, yet the mornings and euenings (which are the times for bathing) begin then to be cold, and decline to a temperature; and the heate of the day growing on vpon the bathing, is that which we specially respect for the health of our patients, for whom we approve the vse of the Baths. Wherefore such as for the health of their bodies repaire to our Baths, shall (if they be there in the latter part of August) receiue a double commodity: for first, they shall haue the whole moneth of September very conuenient for bathing, and Physicke also, as shall bee occasion; yea, and part of October, as the disposition of the season shall permit: next, sufficient time for their returne to their homes, before the aire grow too cold, or the weather distempered: for to take cold betwixt the bathings, or to expose the body to trauell in foule and intemperate weather, vpon the vse of the Baths, induceth (the pores being open) besides Feuerous distemperatures and ventosities, oftentimes very great and dolorous affects of the Braine, Breft, Sinewes and Ioynts.

I may not let passe how certaine accidentes now and then befall some in their bathing; as weakenes and subuersion of the stomake, faintnes, and sometimes swoonings; and these the Physician must take speciall care to preuent, which

### *The Baths of Bathe.*

which may be occasioned by meanes of the Sulphurous vapours of the Bath: yet I must tell you, that these, or the like accidents our Baths doe seldome occasion, especially the crosse Bath, but in them that are weake by Nature, that are subiect to swooning, or goe into the preposterously, without fit preparation and direction. And the reason is, because our Baths being large, & hauing not sulphur in them, not in the cauities neere adioyning, the vapours are the lesse noysome, not so grosse and adusted; and therefore not quickly offensive, but to them that are very weake by nature, or as I haue said, goe into them without fit preparation, or make longer stay in them then is meete.

And heere I cannot but lay open Baths Technologie, with such as for the health of their bodies resort to those Baths, wherein I am sure to gaine little thanke. But I passe not for it, my purpose being to discharge a good conscience, and to doe my Countrie good. The thing therefore that I would haue you to take notice of, is, how the people of that place that keep houses of receit, and their Agents (for such they haue in euery corner of the streets, and also before you come to the Gates) presse vpon you, importuning you to take your lodging at such & such an house, neere to such and such a Bath, extolling the Baths neere which they dwell, aboue the rest, respecting altogether their owne gaine, not your good or welfare. And when they haue gotten you into their houses, they will be ready to fit you with a Physician (perhaps an Emprick or vpstart Apothecary, magnifying him for the best Physician in the Towne) that will not crosse them in remouing you to another Bath, though the Bath neere which you are placed, be altogether contrary to your infirmities and state of body, or at least, not so conuenient as some other. And this is also a speciall reason, why many oftentimes receiue rather hurt then good by the vse of the Baths.

My counsell therefore to the learned Physicians shall be this, that they so tender the good of their Patients, and their owne worth and reputation, as that for base gaine they subiect not themselves to these kind of people, in hope

*Baths Technologie with them that resort to those Baths.*

*Bathe being a place, in regard of the Baths, that many resort vnto for cure of infirmities, that cannot receiue helpe elsewhere; it were to be wished, that Empericks, and all other what-soeuer they be, being not Graduates in the faculty of Physick, were utterly prohibited to practise in the City, or neere to the confines thereof, idque sub poena grauissima.*

to get Patients by their means; and to the Patients, that they fall not by any meanes into the hands of Empericks, who, by their ill qualified Physicke, will spoile their bodies, and by reason of their pragmaticall nature, perswade and put them to vnnecessary and preposterous courses, which cannot but produce disastrous effects.

But seeing that no calling is more disgraced, then by the men of the same calling, I wish all professors of Physicke to carrie themselves worthy of their calling, to be faithfull and honest in their courses, not to insinuate with any, or after the manner of our Bath-guides, presse vpon them to be retained. If an Empericke or Mountibanke seeke about for work, I blame them not; let them deceiue those who wil be deceiued; but for such as are graduated in the noble faculty of Physicke to doe so, it is Fiddler-like: a note, if not of some vnworthines in them, I am sure, of a base mind. Let those therefore that are Physicians indeed, strue to maintain the reputation of their Art, and not by a base insinuating carriage, or Mountibank-like tricks, to get a note and repute, vilifie their owne worth, or disgrace so noble a faculty.

But to draw to an end, when you shal for your health repaire to the Baths, be cautelous, and suffer not your selfe to be taken vp by such as will presse vpon you; but rest your selfe at your Inne, and be well aduised by a Physician that knowes the nature and vse of the Baths, and can well iudge of your infirmities and state of body, what Bath shall be fitting for your vse, and then take vp your lodging accordingly: which course if it were obserued, and the Physician carefully and learnedly performe his part, I am perswaded that many mo then now doe, would, for their infirmities, finde remedie at the Baths, to the great honour of the place, and that scarcely any would depart thence, but much eased and bettered in their state of body.

Thus much I thought fitting to aduise and publish, concerning the nature and vse of our Baths, and the rather, that such as preposterously vse them, as the greater part, I suppose, doe, that resort vnto them, may not erroneously detract

detract from the admirable vertues of them: for vnto vs  
it doth yeerely appeare, by the miraculous effects they  
worke, of what excellent efficacy they are, if they be right-  
ly and iudiciously vsed. And seeing that in the true vse of  
them, there are many things to be considered; I doe  
therefore againe aduise all such as are respectiue of their  
health, that they enterprize not the vse of them, without  
the counsell and direction of some honest and learned  
Physician resident at the Baths: which if they  
doe, the *incommodum* may be *minus*  
*commodo*. And so I conclude  
this Treatise.



# AN ADVERTISEMENT OF THE GREAT VTILITIE THAT COMMETH

to mans body, by the taking of Physick  
in the Spring, inferred vpon the insuing  
Question.

*The Spring being the most reuiuing, flourishing, and temperate season of the yeere; whence is it, that sicknesses are more frequent in the same, and people sooner dye therein, then in any other season?*



Here may bee two reasons yelilded for the same: the one taken from the Winter preceding, which, by reason of its moisture, filleth the body with crude and excrementall humors, and by its coldnesse, thickning, and compacting the same, quieteth them from fluxion.

But the heate of the Spring approaching, and working on those humors, rarifieth and dissolueth them; which thereupon fluctuating and putrifying in the body, are the cause of sickness, vnlesse they are expulsed by the force of nature, or timely helpe of Physicke.

The other reason may be taken from the inconstancie of the Spring it selfe, which sometimes is cold, sometimes hot, sometimes moist, and sometimes drie: which sudden alterations cannot but produce feuerous distemperatures, and other infirmities, according to the disposition of the matter congested in the body, the Winter preceding. From which it may be concluded, that the sicknesses and death  
of

of people, which happen more frequently in the Spring, then in any other season of the yeere, are not so much to be attributed to the Spring, as to the Winter which hath filled the body with superfluities, and prepared it for sickness.

Wherefore whosoever will bee so provident, as by the timely helpe of Physicke, to free his body, as his state and constitution shall require, of the superfluities congested in it by meanes of the winter going before, he shall be sure to be farre more liuely, healthy, and free from sickness in the Spring, then in any other season of the yeere, so as he erre not ouermuch in other things. And this purging of the body, and purifying of the bloud in the Spring, will not onely preserve from sicknesses that commonly raigne in the Spring; but also be a meanes to keepe the body in a perfect integrity the whole yeere after: and therefore I commend the taking of Physicke in the Spring to all generous people, to them that leade a geniall sedentary kinde of life, especially to such as are subiect to obstructions or any yeerely disease.

*The vtilitie of Physick taken in the Spring.*

You may here demand of me, what time of the Spring is fittest for Physicke by way of preuention? I answer, that for them that are wont to bee affected with sickness in the Spring, and whose humors are too cholericke and thinne, and consequently subiect to fluxion, it is best to take Physicke at the very beginning thereof; but for others, about the middle, or after, especially if the precedent time shall be cold, and not Spring-like.

*What time of the Spring best for Physicke.*

You may also here demand of me, whether it be not so necessary to take Physick in the Autumne, which we commonly call the Fall, as in the Spring? Whereunto, in regard of a generality, I must answer no: because the Summer prepareth not the body for sickness, filling it with superfluities, as doth the Winter; yet for some bodies it is, as for them that naturally abound with crude and phlegmaticke humors, that are subiect to obstructions, to cold winterly diseases, or any melancholicke affects, as necessa-

*Whether it be so requisite to take Physicke in the Fall, as in the Spring.*



ry to take Physicke by way of preuention in the Fall, as in the Spring; and that for auoiding the superfluities before the Winter, for opening the obstructions, and freeing the body of superfluous melancholy, which then, by reason of the season encreaseth. And the fittest time for the doing thereof, for such as are subiect to melancholy and Autumnall diseases, is soone after the beginning of the Fall; but for others, towards the middle thereof.

**Aduertisement  
to beware of  
Empericks.**

But here I must aduertise you that you expose not your body to the vnlearned Empericke, that can neither finde out the peccant humors, nor parts affected; but to such as are learned in that Art, that can well iudge of your state of body, and accordingly prescribe you remedies, as your constitution and affected parts shall require. Many men thinke, yea some of a generous note, wherein they bewray their carelesnesse, if not their stupiditie to, that whilst they are in health, they may for preuention, take Physicke from any one, it matters not from whom it bee, nor what Phylicke it bee, so it worke with them. I must tell you that many ouerthrow their bodies hereby, and that there is no lesse art and iudgement required for preserving the body in health, then for curing of it being sicke, if they did but know how the foure humors are or ought to be proportioned in their bodies, for enioying according to their constitutions a sound and healthy state, they would, I am perswaded, be more cautelous then to commit themselves into the hands of the vnlearned, who, by their inconsiderate courses, take humors from them at an aduenture, so well those which are not offensive, as those which are, to the vtter subuersion of the Oeconomie of the body: whereof though, perhaps, in regard of their strengths, they are not by and by sensible, which is that which onely cloaketh the errors of Empericks, and as a vaile, masketh many mens eies and vnderstanding herein: yet they will, as I haue in diuers obserued to their perill, by little and little incurre a lapsed state of body.

It is strange to see the ignorance of most people, how backward



backward they are to giue to the learned Professors of Physicke their due; ready to lay scandals vpon them; but forward to magnifie Empericks, their Physicke, their honesty, their care, willing to excuse and passe ouer their grosse slips and absurdities. *O mira hominum stupiditas!* But proceeds this altogether out of ignorance? I suppose no: for doubtlesse many seeke vnto them, and magnifie their Physicke, because it is cheape: but such are fooles and Gullies indeed, for they wrong, and euen poyson their bodies with grosse and ill-qualified Physicke, to saue their purse.

But to answer the reasons, or rather the words which they produce and alledge in the fauour and behalfe of Empericks: To what purpose is the working of that Physicke which respecteth not the peccant humors nor parts affected, but to the ouerthrow of the body? What is a supposed honesty in a Physicion without learning, but a snare wherein the ignorant doe voluntarily entrap themselves? I say supposed: for I cannot thinke that man to be honest, that vsurps a calling, which with a good conscience he is not able to discharge. Or to what purpose is the care that Empericks take about their preposterous and ill-composed medicines; but to the vtter ruine of the patients body, as it too too vnluckely happened of late to a Gentleman of good worth and note, who taking Physicke by way of preuention of a Pil-boasting Surgeon, in a short space, by his ill-qualified and preposterous Physicke, incurred an incurable and mortall lapse of his stomacke and Liuer, being in his constant age and perfect strength of body. Vaine therefore and very absurd is that conceit, which many haue in fauour of Empericks, viz. *If they doe no good, they will doe no harme.* Admit that sometimes by their triuall pettie medicines, they doe no harme; yet neuertheless for that, I must tell you that they doe much harme: for the sicke body relying vpon their skill, and they being not able to direct and execute such courses as shall be fitting and effectuell to impugne the disease, while there is time

sitting for the same, the sicknesse gets the masterie, and then (perhaps) when the strengths are too much weakened, and the disease become incureable, they seeke helpe of the learned Physician. So basely verily are most of our people affected to their health, that vntill some practicall Minister, Parish Clarke, Apothecary, Chirurgion or the like, haue done their vtmost hurt, they seeke not to the Physician.

And here to vindicate our Art from calummie, I cannot but taxe the most sort of people, that being affected with any great or difficult disease, which by reason of the nature thereof, or contumacy of the peccant humors, will haue such progresse, as that it cannot in a short time, by the medicines and best endeuors of the learned Physician, how forceable so euer, be euicted, will reiect their Physician, and betake themselues, which is an absurdity, *super omnem absurditatem*, to some ignorant sottish Empericke, and euery good wiues medicine, to their great hurt, and oftentimes vtter ouerthrow. But if it happen, that they recouer thereupon, they lay an imputation vpon the Physician, and grace their Empericke with the cure; whereas in very deepe the matter of their disease was wholly, or at least the greatest part therof, eradicated by such fit and powerful remedies, as the learned Physician had formerly administred vnto them: wherevpon the residue of the cure was effected by the force of Nature, not by the weake endeuors of the Empericke, or triuiall medicines of any other whatsoeuer.

I haue of purpose enlarged this Aduertisement, and doe leaue it for a memoriall and Caueat to all posteritie, especially to the Gendemen of this our age, who, for the most part of them, very greatly wrong their iudgements and vnderstanding, in taking Physicke of the vnlearned; and wherein they doe not only wrong themselues; but also giue occasion of hurt vnto others: for the meaner sort of people following their example, do the like, whereby it comes to passe, that in all likely-hood, more vntimely per-  
rish

rish (which I belecue to be true in the Westerne parts of thiskingdome) vnder the hands of Empericks, then die otherwise. Such as will not take notice hereof, in *Empericorum manus incident*. And if any *Asinus Cumanus*, or *Terra filius* shall object, that diuers recouer vnder the hands of Empericks; I answer in a word, that the recouery is not to be attributed to their Physick, but to the strengths of Nature, that beares vp, both against the disease, and their preposterous courses.

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# A C E N S V R E

## CONCERNING THE WATER OF SAINT

*\* Urbs pulchra,  
& Emporium  
celebre.*

*Vincent's Rocks neere Bristoll,* \* which  
begins to grow in great request and  
vie against the Stone.

The substance  
and tempera-  
ture of the  
Water.



His water of Saint *Vincent's* Rocke, is of a. ve-  
ry pure, cleare cristalline substance, answer-  
ing to those cristalline Diamonds and trans-  
parent stones that are plentifully found in  
those Clifts. It is no lesse commendable for  
smell and taste, then delectable for colour and substance,  
and for its temperature, excels any other of this kingdom,  
being almost of a meane betweene heate and cold: I say al-  
most, because it is a little more inclined to cold, then to heat,  
which maketh it the more effectually for allaying the bur-  
ning heat of the bowels, and yet by reason of its good  
temperature, not quickly offensive to the stomacke, if it be  
not lapsed by cold.

From what  
Minerals it re-  
ceiues its me-  
dicinable fa-  
culties.

But before I deliuer my censure and opinion concerning  
the nature and vse of this water, it is fitting that I declare  
vnto you the matter frō whence it receiues its medicinable  
faculties, and that is (for I haue twice made probation ther-  
of) from Sulphur and Niter, and from both but in a small  
measure: for the water at its issuing forth, carrieth with  
it but an obscure heat, being scarcely lukewarme, and the  
reason thereof is, because the heat of the water, & strength  
of the sulphurous vapors are qualified and abated in the  
passages thorow the earth; or else it is, because this water  
issueth but from a small veine of sulphur. And the note  
that it hath but little Niter in it, besides the probation ther-  
of,

of, is, because it can hardly, or not at all in the taste bee discerned, but by a curious and skilfull pallate for the purpose. I suppose that this water partakes of other good minerals: but I leaue that for a farther search, or to such, as shall hereafter liue more conueniently for that purpose, then I doe. But whatsoeuer minerals shall lie hid in the passages of this water, it is sufficient, that it partakes of two so good as Sulphur and Niter, and that in such a mixture, as it makes it to be of an excellent temper, and medicinable faculty in potable vses for diuers cases, as shall be hereafter shewed. It were to be wished, that the water issued forth in a more conuenient place, atwelll for accesse vnto it, as for conseruing the heate thereof.

This water is frequented for no other vse, but for the drinking of it against the Stone: it hath also other excellent faculties; but I suppose (such is the vanity of our time) that the same thereof wil not long hold, but wil in a short time haue an end, as some other waters of good force and efficacy against sundry infirmities, in diuers places of this kingdome haue had, and that by reason of the absurd and preposterous vse of it: for vpon notice and experience that this water hath done some good against the Stone, people of all sorts repaire vnto it, so well such as haue not the stone, as those that haue, or stand in feare thereof, and abundantly glut and fill themselues therewith, till they vomit and strout againe, scarcely one of fifty, I dare say, hauing the opinion of a iudicious Physician for the taking of the same, or preparing their bodies for it as is meete; which cannot but bring a disgrace to the water: for admit that a few chance to receiue benefit thereby, some will not, but many much hurt. Neither can the water be good for all bodies that are troubled with the Stone, or subiect thereunto: and therefore I would haue you to know, that the ill and preposterous vse thereof will weaken the stomacke, subuert the liuer, annoy the head and brest, occasion Cramps, paine in the ioynts, breed crudities, rheumes, Coughs, Cachexies, the Dropsie it selfe and Consumption.

But I will proceed to shew you the faculties and true vse

The hurts  
that are occasioned by the  
vnadvised vse  
of the Water.

The Vertue  
and Faculties  
of the Water.

use of the water. It notably cooleth the inflammations of all the inward parts, and yet, as I haue said, not quickly offending the stomacke, as other Waters doe; and it is withall of a gentle mundifying facultie. It is therefore very effectuell against the burning heate of the stomacke, inflammations of the liuer and reines, and aduersion of the humors, being taken with fine Sugar in this proportion, as halfe an ounce of Sugar or thereabout to a pinte of the Water. In such as haue had hot liuers, red pimpling faces, and aduersed humors, I haue caused a Tincture of Roses and Violets to be taken therewith, and that with singular successe. It may be giuen with other good conuenient Adiuuncts, which will not onely make it the more gratefull to the stomacke, but also more effectuell for the causes aforesaid, which I leaue to the Physician to finde out, and direct as shall be best fitting for his patients body. In inflammation and siccity of the intestines, it is good to giue with this Water, syrrop or *mel Uol. Sol.* In inflammation of the kidneys with obstruction also in them, I haue giuen it to such as had withall hot liuers, with *Cryſtallo minerali*, with wished effect: for the distemper of the kidneys was not onely quickly allayed therewith, but also abundance of sand and other drossie matter stopping in them purged forth.

That this Water is good against the Stone, Strangury, and purulent vlcers of the kidneys and bladder, it is euident, by reason of its mundifying and cleansing faculty, to be taken with Sugar as aforesaid, or with some good and effectuell Adiuunct, for the speedier carriage of it to the affected places, &c. which by reason of the diuersity of bodies, I cannot here describe, but must leaue you therein to the aduice and counsell, not of a vulgar, but of some learned iudicious expert Physician, and that with this Caution, that if you bee not sure of the accurate iudgement and skill of your Physician, that you take the Water onely with Sugar, without any other mixture with it. This Water is also good in the vlcérations of the intestines, with this Prouiso, that it be taken with some conuenient Adiuunct, as

*Mel*

*Mel Rosat.* &c. to occasion the passage thereof thorow the belly, diuerting it from the veines.

As concerning the vse of this Water, and first, for inward inflammations: The time of the yeere best for taking thereof by way of cure or preuention, is in the moneths of Aprill, May, and Iune; and that in the morning fasting, the body being first prepared thereunto, that is, gently purged, according as the constitution thereof shall require; but in case of necessity, it may be taken at any other time, respect being had of the season, age, and present state of the body. As for the quantity that is to be taken euery morning, and how long to be continued, in that, because of the diuersity of bodies, I must leaue you to the discretion and iudgement of your Physician.

The vse of the Water for inward inflammations.

As for the taking of this Water against the Stone, tenne Rules are to be obserued in the vse thereof. The first is the preparation of the body, that is, that it be exquisitely purged, before you attempt the vse thereof: for the passages being cleared, and the ill matter diuerted by Stool, the Water will the more freely, and with greater force penetrate vnto the reines. The second is, that it be taken in the morning fasting, the excrements of the belly being first depozed; and that at diuers draughts, allowing betwixt euery draught or two draughts taken the one after the other, the space of a quarter of an houre, or somewhat more, till you haue taken the whole portion of Water that is intended to be taken each morning, walking and stirring gently your body betweene euery taking: for that will cause the Water to be the sooner distributed thorow your body, refraining to goe abroad in the aire betweene and vpon the takings thereof, if the weather shall be any thing cold; for cold will hinder the distribution of the Water.

Tenne Rules to be obserued in taking of the Water against the Stone.

The third is, the quantity of the Water that is to be taken euery morning, which must be directed by your Physician that knowes your age and state of body. The fourth is, how many mornings together it is to be taken, as eight or tenne more or lesse, according to the abilitie of the stomacke, strengths and state of body, wherein you must like-



wise be directed by your Physician.

The fift thing to be obserued in the taking of the Water, is, to take it so neere as you can, in the same temper of heate as it issueth forth, or else so hot as you shall be well able to drinke it: and herein euery one may gratifie his owne stomacke. But seeing that the place is vnsuited for the taking of it, and that the Water seemes, by reason of the rawlshnesse of the place, to be colder at its issuing forth then it is otherwise: for being taken into a stone Iugge, it warmeth the same; I aduise that the water bee taken into stone Iugges, or other conuenient bottles, and the Iugges or bottles to bee immediately stopped, to keepe in the vapours, and so the water to be taken while it reserueth its heate; but if the water shall growe cold before you take it, you may heate the Iugge in a kettel of hot water, till it shall bee so hot as you shall like to take it, keeping the Iugge close stopped all the while: and so you may doe such mornings when you cannot haue the water, it being all ouercouered by that part of the Scuerme that floweth to the Cittie. If you demand of me, whether the water loseth any thing of its vertue, being so kept? I must answer you, that it is likely that it loseth somewhat of its sulphurous, but not any thing of its introus qualitie, and therefore it may be well reserued, and vsed in manner as aforesaid.

The sixth is the time of the yeere that is best for the taking of this Water, and that is, in a season that is not cold, or rainy; but hot, or inclining thereunto, as from the beginning of May, to the middle of September; but after that, in regard of the alterations of the aire, and Winter approaching, this Water is not good to be taken, because it will weaken the stomacke and liuer, annoy the brest, breede crudities, Coughs, &c, as I haue already shewed.

The seventh is the diet, that is to be obserued all the time of the taking of the Water, which is, that it must bee but slender, and that of meats of good iuice, and easie digestion, the dinner not to be taken, till the greater part of the Water be auoided, and the supper must be alwayes lesse



lesse then the dinner, that the Stomacke may be the next morning emptie for receiuing of the Water againe.

The eight is, that the body be purged immediately after the taking of the Water, that is, when an end is made of taking it, for auoiding some reliques thereof, which perhaps may abide in the body after the vse of it, which the Physician must be carefull to do with a fit medicine. Afterwards a moderation in diet and all other things is to be obserued.

The ninth is, that it be not giuen to children that are subiect to the Stone, vnder twelue yeeres of age, vnlesse they shall be naturally of a very hot constitution, and that, to them in quantities proportionable to their age. Neither is it to be admitted to them, that are entered within the limits of old age, because it will abbreviate their life, *calorem innatum extinguendo.*

The tenth and last thing to be considered in the vse of this Water, is, that it be not giuen to such, as by reason of the smalnesse and streightnesse of their veines, cannot extreate and passe it away by vrine, though the infirmities of the Stone, Stranguries, &c. may otherwise require the vse thereof. Neither is it to be giuen to such, as haue cold stomackes, weake liuers, feeble braines, and subiect vnto Rheumes; in a word, not to phlegmaticke, not to any that abound with crudities, or haue a cold and moist habit of body: for in all such it will soone infringe the naturall heate, breed Rheumes, annoy the breſt, occasion Cramps, and diuers other infirmities, as I haue afore shewed.

For what bodies dies the vse of the Water not convenient, but hurtfull.

The same obseruations must be kept in taking of this Water against the Strangurie and vlcérations of the bladder and kidneys, as is directed in taking thereof against the Stone. In which affects it is good to giue therewith some lubrifying, cleansing extract, or the like. And heere note, that if the Water in all the aforesaid cases be giuen with a fit and conuenient Adiunct, it will not onely be the more effectuell, and sooner conueied to the affected parts, but lesse quantities also may serue to be taken; and then the stomacke will not be so ouerprest and charged therewith, as it is in the common manner of taking it. But if it bee at

any time fit to ouercharge and presse the stomacke therewith, it is in cases of the Strangurie and purulent vlcers of the bladder and kidneys.

I may not omit to giue you notice, that diuers symptoms or perillous accidences may happen oftentimes in the vse of this Water, which, because they cannot be well rectified or preuented without the presence of a Physician, I here omit to nominate or treat of, and in stead thereof, as also for diuers reasons afore nominated, doe aduise you not to aduenture the drinking thereof, without the aduice and presence of a iudicious Physician; which if you doe, you may haply in stead of the good you expect thereby, receiue much hurt. As for outward vses, this Water may sometime assuage the Itch, mundifie and palliar old Sores; but no matter of moment is to be expected from it this way. And thus much concerning the nature and vse

of this Water, whose Vertues will be bet-

ter knowne, if people make a

right and good vse

thereof.

**FINIS.**